



WINNEBAGO COUNTY NUTRITION PROGRAM

CONTRIBUTIONS: Persons receiving meals are asked to contribute as much as they can toward the cost of the meals.

RESERVATIONS & CANCELLATIONS: Needed the day before by 12:30 PM. Call 725-6323 or 1-800-631-2791.

Fall and Winter Menus – 10/9/06 to 6/3/07

(Menus subject to change without notice.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY	
Week 1 Oct 9-15 Nov. 20-26 Jan. 1-7 Feb. 12-18 Mar. 26-Apr. 1 May 7-13	Spaghetti w/Meat Sauce Broccoli Diced Pears Rye Bread & Margarine Banana Bar Milk (Closed Jan. 1, 2007)	Chicken Breast w/Sauce Mashed Potatoes & Gravy Peas & Carrots Crushed Pineapple Wheat Bread & Margarine Chocolate Fudge Cookies Milk	Meat Loaf with Ketchup Sweet Potatoes Green Beans White Bread & Margarine Rice Krispy Bar Diced Peaches Milk	Egg Salad on Rye Bread Chicken Dumpling Soup Saltine Crackers Lettuce w//French Dressing Fresh Orange Lime Sherbet; Milk (Closed Nov. 23, 2006)	Bratwurst on a Bun Ketchup and Mustard German Potato Salad Baked Beans Tropical Fruit Cup Milk	Country Herb Chicken Mashed Potatoes Broccoli Florets <u>Green Beans/Red Peppers</u> Accompaniments: Wheat Bread (2), Margarine (4), 2% Milk (2), Fresh Fruit in Season, Animal Crackers	Salisbury Steak & Gravy Red Skin Potatoes Peas & Carrots Cauliflower
Week 2 Oct . 16-22 Nov. 27-Dec. 3 Jan. 8-14 Feb.19-25 Apr. 2-8 May 14-20	"Mild" Chili Saltine Crackers Cheese Slice Rye Bread & Margarine Fresh Fruit in Season Almond Cake w/Icing Milk	Roast Pork Mashed Potatoes & Gravy Sweet & Sour Cabbage White Bread & Margarine Applesauce Sugar Cookies Milk	Seafood Pasta Salad Lettuce w/Ranch Dressing Fresh Fruit in Season Rye Bread & Margarine Banana Cake with Icing Milk (Served on Apr. 6, 2007)	Baked Chicken Baked Dressing & Gravy Squash Wheat Bread & Margarine Tropical Fruit Cup Apple Bar Milk	Ham Loaf Mashed Potatoes & Gravy Creamed Peas Rye Bread & Margarine Pumpkin Dessert w/Topping; Milk (Served on Apr. 4, 2007)	Swedish Meatballs over Ribbon Noodles Broccoli Florets <u>Carrot Vegetable Blend</u> Accompaniments: Rye Bread (2), Margarine (4), 2% Milk (2), Applesauce Cup, Vanilla Crème Cookies	Pot Roast with Gravy Mashed Potatoes Green Beans Corn
Week 3 Oct. 23-29 Dec. 4-10 Jan. 15-21 Feb. 26-Mar. 4 Apr. 9-15 May 21-27	Ham Slice Macaroni & Cheese Stewed Tomatoes Diced Peaches Rye Bread & Margarine Chocolate Cake w/Icing Milk	Roast Beef Mashed Potatoes & Gravy Carrot Coins Wheat Bread & Margarine Oatmeal Cookies Vanilla Ice Cream Milk	Steak Burger on a Bun Hot German Potato Salad Fresh Banana Butterscotch Pudding Milk	Chicken a la King over Rice Peas Fresh Fruit in Season Wheat Bread & Margarine Jell-O Cake w/Topping Milk	Swiss Steak with Tomatoes Deluxe Whipped Potatoes Cream Corn Wheat Bread & Margarine Lemon Dessert w/Topping Milk	Chicken Teriyaki Fried Rice Blend Sugar Snap Peas Carrots Accompaniments: Wheat Bread (2), Margarine (4), 2% Milk (2), Chocolate Pudding Cup, Cinnamon Teddy Grahams	Meat Lasagna Cauliflower Green Beans
Week 4 Oct. 30-Nov. 5 Dec. 11-17 Jan. 22-28 Mar. 5-11 Apr. 16-22 May 28-Jun. 3	Beef and Gravy over Mashed Potatoes Peas Pineapple Tidbits Wheat Bread & Margarine Sugar Cookies; Milk (Closed May 28, 2007)	Tator Tot Beef Casserole Lettuce w/Ranch Dressing Applesauce White Bread & Margarine Pumpkin Dessert w/Topping Milk	Bologna Salad on Wheat Bread Cream of Potato Soup Saltine Crackers Creamy Coleslaw Fresh Fruit in Season Raspberry Sherbet; Milk	Baked Ham Scalloped Potatoes Green Beans Rye Bread & Margarine Fruit Cocktail Lemon Cake w/Creme Icing Milk	Chicken Lasagna Diced Carrots Diced Pears White Bread & Margarine Cheesecake Milk	Beef Stew with Potatoes, Carrots, Celery & Onions Brussel Sprouts <u>Corn & Red Peppers</u> Accompaniments: White Bread (2), Margarine (4), 2% Milk (2), Fresh Fruit in Season, Chocolate Crème Cookies	Cheese Manicotti & Marinara Sauce Green Beans Peas & Carrots
Week 5 Nov. 6-12 Dec. 18-24 (Closed Dec. 22) Jan. 29-Feb. 4 Mar. 12-18 Apr. 23-29	Roast Turkey Dressing & Gravy Harvard Beets Rye Bread & Margarine Diced Pears Pumpkin Bar Milk	Roast Pork Mashed Potatoes & Gravy Sauerkraut with Apples Wheat Bread & Margarine Lemon Cookies Fresh Orange Milk	Virginia Baked Ham Sweet Potatoes Green Beans Wheat Bread & Margarine Oatmeal Cookies Fresh Banana Milk	"Mild" Chili Saltine Crackers Cheese Slice Tropical Fruit Cup White Bread & Margarine Vanilla Pudding; Milk (Note: Meals for Dec. 23 & 24 will be delivered today.) (Closed Dec. 22, 2006)	Hamburger on a Bun Ketchup and Mustard Pickles Rosemary Red Potatoes Diced Peaches Chocolate Ice Cream Milk	BBQ Mesquite Chicken over Rice/Bean Blend Green Beans Carrots Accompaniments: Wheat Bread (2), Margarine (4), 2% Milk (2), Animal Crackers, Applesauce Cup	Spaghetti & Meatballs Whole Kernel Corn Peas & Carrots
Week 6 Nov. 13-19 Dec. 25-31 (Closed Dec. 25) Feb. 5-11 Mar. 19-25 Apr. 30-May 6	Sloppy Joes on a Bun Pickle Rounds Baked Beans Fresh Fruit in Season Orange Sherbet Milk (Closed Dec. 25, 2006)	BBQ Rib Patty Au Gratin Potatoes Peas Wheat Bread & Margarine Diced Pears Peanut Butter Cookies; Milk	Chicken Pasta Salad Tossed Salad w/French Dressing Diced Peaches Rye Bread & Margarine Strawberry Ice Cream Milk	Pork Chop Suey over Rice Broccoli Rye Bread & Margarine Applesauce Yellow Cake w/Choc. Icing Milk	Swedish Meatballs Buttered Noodles Diced Carrot Pineapple Tidbits White Bread & Margarine Almond Cake w/Icing Milk	White Turkey & Gravy Stuffing Corn <u>Green Beans & Crainsins</u> Accompaniments: Rye Bread (2), Margarine (4), 2% Milk (2), Vanilla Crème Cookies, Chocolate Teddy Grahams	Meatloaf & Gravy Mashed Potatoes Peas & Carrots Cauliflower